

# Oleen's February

**Fri., 2-4 Queen of Hearts Pageant  
Featuring the Tradesmen**

**Sat., 2-5 Ashley Jordan, Tiffany Storm  
and Kasey King**

**Fri., 2-11 Veronica Lee and  
Sandy Kaye Daniels**

**Sat., 2-12 An Evening At La Cage with  
the Oleen's House Cast**

**Fri., 2-18 Talent Night With Kasey King**

**Sat., 2-19 Veronica Lee, Kerry Nichols,  
and Boom-Boom LaTour**

**Fri., 2-25 Gypsy Starr, Ashley Jordan  
and Tiffany Storm**

**Sat., 2-26 Sandy Kaye Daniels,  
Gypsy Starr and Tracy Morgan**

## DAILY SPECIALS

**Sunday:** No Cover 'til 8, Free Pool 'til 8 pm.  
Free Buffet at 6:30 pm.  
\$1.50 House Drinks all day.

**Monday:** 50¢ Big Cup Draft, \$1.50 House Drinks, \$1  
Schnapps, \$20 Bar Tab Pool Tournament.

**Tuesday:** \$1.50 House Drinks,  
\$1 Domestic Beer

**Wednesday:** \$5 Can Beer — All You Can Drink,  
\$1.50 House Drinks

**Thursday:** \$4.00 All You Can Drink Draft.

**1831 South Boulevard  
Charlotte, North Carolina  
(704) 373-9604**

# Going for the gay gold

*Charlotte powerlifter in training for Gay Games IV*

by Frank Dalrymple  
Special to Q-Notes

Billed as "an international, Olympic-style athletic and cultural festival open to all," Gay Games is the realization of former Olympic gay athlete the late Dr. Tom Waddell. The first Gay Games was held in San Francisco in 1982. It hosted 300 athletes from 12 nations.

Now called "the largest athletic and cultural event in the world," Gay Games IV, to be held June 18-25 in New York City, expects 15,000-21,000 athletes from over 40 countries participating in some 31 events and an unprecedented half million spectators. Among the competitors will be Charlotte powerlifter Sandy Crenshaw. For Sandy, like Dr. Waddell, her appearance will be a dream fulfilled.

By the time she arrives in New York, Crenshaw (also known to many as "Sam") will have completed ten months of highly disciplined and vigorous daily training.



Crenshaw pumps...

A powerlifting competitor from the early 1980s, Sandy decided over four months ago to train for Gay Games IV. Reuniting with her trainer, Charles Presley, a master lifter and renowned record holder himself, he started Sandy on a regimen of workouts and strengthening exercises to prepare her to lift weight. Powerlifting competitions incorporate three events—Deadlift, Squat and Bench Press.

"You make your body ready physically, and then your mind. After warming up for the first month, you get focused, and then you 'get the fight,'" says Sandy.

She is also an 'all natural' athlete. "I do not have an anabolically assisted workout. I don't use steroids of any kind, and don't intend to between now and then. That's one of the ways I've maintained the strength I had from the early '80s, because it's natural. With steroids, you often lose the strength when you're off the drug. I'm fortunate to have natural strength."

Sandy is also on a regimented diet of tuna, egg whites, vegetables, fish, chicken and fruits, with a daily supplement of about 10 vitamins. ("A trip to GNC usually runs about \$100.")

On the subject of being lesbian, Sandy had this to offer, "I want to bring a new dimension to homosexuality and the South. I'd like to change the image, bring new characteristics to 'butch' women. Strength is the key ele-

ment in my home, my relationship with God, my partner and my community. Strong women should not 'say' they want to be a certain way, but live it. I hope I can start to change that."

When asked if her trainer is gay, Sandy says, "No, he's straight, a very open-minded individual who's given me his talents as a gift from his heart, and I thank him greatly... I love him."

Even though Charlie Presley has offered his guided program free-of-charge, Sandy is receiving no financial assistance with her participation in the international event. All expenses have been out-of-pocket, and to date have reached about \$2,000. She was also quick to point out that this endeavor is the involvement of four people. "He hasn't just made great sacrifices, his wife has." The other silent partner is, of course, her spouse of five years, Tracey Petralia. They dated for two years and exchanged vows in an MCC Holy Union in 1991. "She led me to Christ. She taught me that all things are possible, and how to channel my energies."

Along with their support, she will also need a massage therapist to travel with her, making her New York venture (her first Big Apple visit) a very expensive one. "My mother is a hundred percent supportive. If she wasn't afraid of flying, she'd probably be accompanying us."

Sandy is a member of Team Carolinas, a coalition of participating Gay Games athletes from both North and South Carolina. Each athlete is not only facing the challenge of training but personal financing, as well.

Crenshaw says she will compete in a 181 Weight Class, and, together with Presley, is working toward powerlifts based on previous records.



...and pumps

"The back of my belt says 'God give me strength.' That's a positive. I pray to God for my strength because he giveth and he can taketh away, or not protect it."

On the pursuit of victory, she adds, "As far as 'going for the gold,' you always do the best you can do... I will. If you're going to do something, try to do it the best you can, whether you're gay or straight. I'd like to see the gay community continue in that direction. We've got an opportunity with Gay Games IV to do that. To win gold would be for that purpose."



**We Went To Australia,  
Amsterdam, Helsinki,  
Botswana, Boston,  
LA, Kuala Lumpur,  
Singapore, Suriname,  
And Provincetown  
And Brought  
You Back This T-Shirt**

Each year, the AIDS Memorial Quilt travels the globe bringing a message of remembrance and hope to millions of visitors. You can help the Quilt continue this journey by wearing one of these beautiful, full color T-Shirts.

Each design is printed on 100% heavy weight cotton. T-Shirts are available in Medium, Large, and XLarge for \$15 and XXLarge for \$20 (plus \$5 S&H). Help make a difference.

(800)USA-NAME